

WHAT DOES IT COST?

Active Health Patients	\$80
Active Health patients with concession cards	\$50
Non Active Health patients	\$120
Non active Health patients with concession cards	\$80

APPOINTMENTS

BP monitor On	
BP monitor Off	
Follow up with GP:	

FOR MORE INFO

Phone: 03 4504 2515

Email: reception@activehealthportland.com.au



24 HOUR BLOOD PRESSURE MONITORING

WHAT IS A 24-HOUR AMBULATORY BP MONITOR TEST?

This test measures your blood pressure and heart rate regularly over 24 hours. It involves a blood pressure cuff on your arm attached to a small device that records the measurements. This will allow the doctors to see what your blood pressure is doing in a 24-hour period in your own environment.

HOW DOES IT WORK?

The cuff will pump up every 30 minutes during the day and every hour overnight. It will automatically inflate and deflate. It might be uncomfortable at times but will deflate and shouldn't last long.

HOW DO I NEED TO PREPARE?

You will need to book an appointment with the practice nurse to get the device fitted and then another on the same time the next day to get the device removed. It is recommended to shower before coming in as you cannot shower with the device on. Wearing loose clothing is advised as the cuff will be inflating and deflating through out the day.

WHAT CAN I DO WHILE WEARING THE MONITOR?

Go about your day-to-day activities including any exercise. Just make sure you don't remove the device or get it wet. Take all your medications as normal.

WHY IS THIS DONE?

This test helps determine the blood pressure load that your heart, organs and vessels are undertaking within that 24-hour period. This will help determine if your blood pressure needs to be managed.

If you are already on blood pressure treatments, it can determine the effectiveness of said treatment.

It is also helpful in diagnosing "white coat hypertension", when your blood pressure is normal at home but elevated when being checked by a doctor or a nurse.

